

liveWELL

SPRING 2017 VOLUME 13 ISSUE 2



IN THIS ISSUE

SELF-CARE SPRINKLES • WORK, LIFE AND WELL-BEING
RESOURCES • HEALTHY LIVING CENTER RECIPES •
HOW TO RAISE A MONEY-SMART CHILD • WELLNESS
HEROES • SUMMER MINDFULNESS SESSIONS

UI Wellness

A UNIT OF UI HUMAN RESOURCES

 THE UNIVERSITY OF IOWA®

UI Wellness *staff*

*UI Wellness is a unit of
UI Human Resources.*

Megan Hammes

Director
megan-hammes@uiowa.edu
335-5424 • E119 CRWC

Ilona Lichty

Health Coach
ilona-lichty@uiowa.edu
353-2975 • E119 CRWC

Erin Litton

Senior Health Coach
erin-litton@uiowa.edu
353-2974 • E119 CRWC

Carla Melby-Oetken

Health Coach
carla-melby@uiowa.edu
353-2975 • E119 CRWC

Jean O'Donovan

Secretary
jean-odonovan@uiowa.edu
353-2973 • E119 CRWC

Liz Heffner

Secretary
elizabeth-butler@uiowa.edu
353-2973 • E119 CRWC

Diana Kremzar

Family Services Manager
diana-kremzar@uiowa.edu
335-1371 • 121 USB

Mariah Ruyle

Health Coach
mariah-ruyle@uiowa.edu

Andrea Keegan

Health Coach
andrea-keegan@uiowa.edu



As we hustle and bustle here and there and everywhere, let's take a moment to pause. Pause. That's right – PAUSE. Also known as a “stop, break, or rest” per Dictionary.com. Phew. Now, are you still with me? That's good – just breathe. Slowly breathe in and out. Taking this very small pause is actually quite a big step in being fully mindful.

When we are living in the present, we are able to more closely pay attention to our needs. We are then able to take better care of ourselves which enables a whole ripple affect into relationships, our work, etc... This spring newsletter is chock-full of content to focus your sights on wellness and well-being for yourself and within our campus community. Enjoy!

Megan Hammes

Megan Hammes, MS, MCHES
Director, UI Wellness/University Human Resources

“*The Little things?
The little moments?
They aren't little.*”

–Jon Kabat-Zinn

Layout and Design by
IMU Marketing + Design

Printed by UI Printing
Services on recycled paper

IN THIS ISSUE

4

ADDING SPRINKLES
OF SELF-CARE TO
YOUR DAY



7

WORK, LIFE AND
WELL-BEING
RESOURCES



8

HEALTHY LIVING
CENTER: RECIPES



10

FINANCIAL WELLNESS:
HOW TO RAISE A
MONEY-SMART CHILD



12

WELLNESS HEROES



14

MINDFULNESS
SUMMER COURSES



liveWELL @ UI

At the University of Iowa, we aspire to fully incorporate health and wellness into the lives of our campus community members. This is possible through a commitment to continuous development of a healthy campus culture in the spirit of learning and discovery that is at the heart of a distinguished public university.



Work, Life & Well-Being

SELF-CARE SPRINKLES

By Carla Melby-Oetken

Health Coach, UI Wellness/University Human Resources

When life gets hectic, it is easy to get caught up on our to-do lists and our day-to-day responsibilities. In our busy lives, who has time to fit in self-care? Answer: YOU do!!! Let me tell you why. You will have more energy, patience and stamina to face your day-to-day demands. If we constantly put others' needs ahead of our own, we can find ourselves feeling depleted, exhausted, frustrated or burned out. Not only will it help you be the best you that you can be, it will benefit everyone around you.

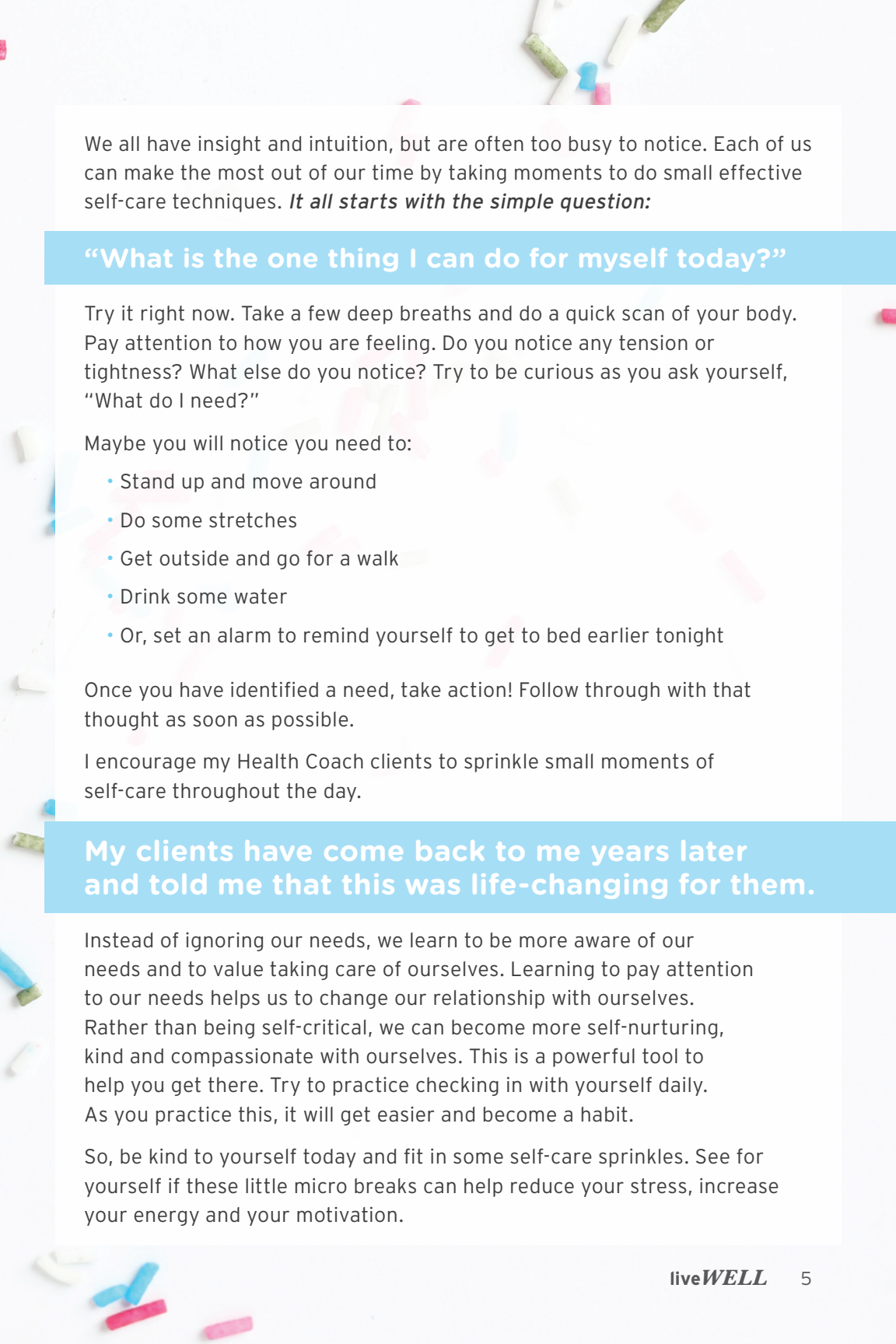
Now I hear you saying, "Okay Carla, so how am I going to have time for that?"

My answer is to start small, but choose carefully. I tell my Health Coach clients to take a moment every day to check in with yourself by asking yourself a simple question:

**What do I really need to do right
now to take care of myself?**

or

**What is one good thing I can do
for myself today?**



We all have insight and intuition, but are often too busy to notice. Each of us can make the most out of our time by taking moments to do small effective self-care techniques. ***It all starts with the simple question:***

“What is the one thing I can do for myself today?”

Try it right now. Take a few deep breaths and do a quick scan of your body. Pay attention to how you are feeling. Do you notice any tension or tightness? What else do you notice? Try to be curious as you ask yourself, “What do I need?”

Maybe you will notice you need to:

- Stand up and move around
- Do some stretches
- Get outside and go for a walk
- Drink some water
- Or, set an alarm to remind yourself to get to bed earlier tonight

Once you have identified a need, take action! Follow through with that thought as soon as possible.

I encourage my Health Coach clients to sprinkle small moments of self-care throughout the day.

My clients have come back to me years later and told me that this was life-changing for them.

Instead of ignoring our needs, we learn to be more aware of our needs and to value taking care of ourselves. Learning to pay attention to our needs helps us to change our relationship with ourselves. Rather than being self-critical, we can become more self-nurturing, kind and compassionate with ourselves. This is a powerful tool to help you get there. Try to practice checking in with yourself daily. As you practice this, it will get easier and become a habit.

So, be kind to yourself today and fit in some self-care sprinkles. See for yourself if these little micro breaks can help reduce your stress, increase your energy and your motivation.

SELF-CARE SPRINKLES

For your personal Resilience

AT HOME

- Hold hands with a loved one. Brain scans show that human touch provides immediate relief from stress.
- Connect to a buddy. Call a friend. You can vent or just talk about your day to make you feel better.
- Brush your pet with long, slow strokes. You'll both feel better.
- Soak a hand towel and microwave it a couple of minutes until steamy. Place it on your neck, forehead or achy lower back.
- Decompress your spine. Bend over at the waist with the knees slightly bent.
- Hang down loose like a rag doll for about 15 seconds. Then very slowly set yourself upright, stacking your vertebrae.
- Be a list-maker. Eliminate the stress of trying to remember what you need to do. Prioritizing tasks helps reduce tension.
- Get up 15 minutes earlier in the morning so you aren't as rushed.

AT WORK OR SCHOOL

- Soothe weary computer eyes. Rub your palms together vigorously to create heat and place them over your closed eyes for a full minute.
- Squeeze a soft rubber ball in your hand for three seconds and then release. Repeat this 10 times in each hand and your tension will slowly dissipate as your muscles relax.
- Give yourself a mini-hand massage. Keep lotion in a desk drawer and occasionally stroke and knead keyboard-fatigued fingers.
- Touch a talisman or an object that brings you pleasant memories. It can be a shell your daughter found on the beach, your mother's brooch or your husband's old money clip.
- Dab a little lavender or mint oil on your wrist and take a whiff every now and then. Lavender can be relaxing, while mint is invigorating.

DURING YOUR COMMUTE

- Perform shoulder shrugs at each red light to relieve upper-body tension.
- Before you start your drive and when you arrive at your destination, take in three long, deep breaths and release them slowly.
- Look for the beauty. Notice the sunlight, the color of the sky or the face of a child in the car next to you.
- When you encounter a rude driver, shift your focus to all the good drivers around you.
- Leave early no matter where you're going and avoid the stress of being late.

WORK, LIFE AND WELL-BEING

BEING YOUR BEST AT WORK, AT HOME
AND EVERYWHERE IN BETWEEN

We've got you covered when it comes to supporting yourself, your co-workers, and your department in navigating the challenges of demands on our time. Experts from the Health and Productivity Units of Human Resources are standing by to deliver 30-45 minute targeted workshops.

Visit **hr.uiowa.edu/livewell/resilience**
to learn more about what's available.

Please call **319-353-2973** or email **livewell@uiowa.edu** to get started with planning a targeted workshop for your area.

We've identified four areas that are key to successful integration:

PERSONAL SUSTAINABILITY includes things like setting boundaries, knowing your purpose and overall life mission, and having positive relationships.

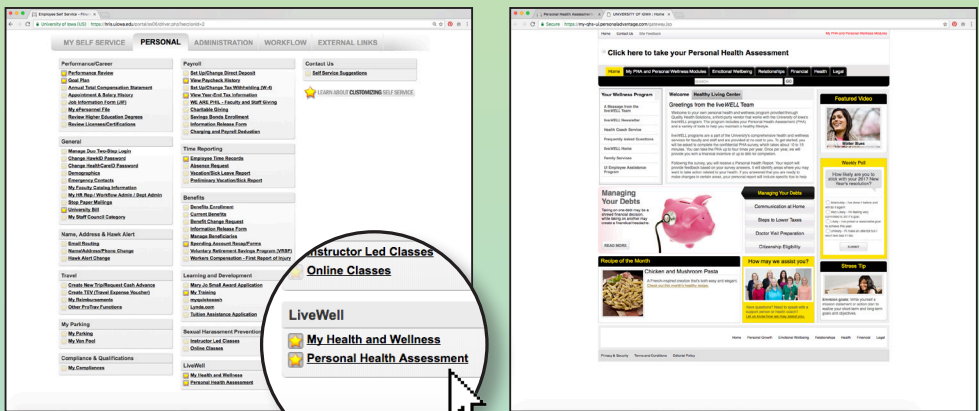
ADAPTABILITY means we anticipate, respond, and adapt to life's curveballs. A major trait and skill of resilient individuals.

PHYSICAL HEALTH and **EMOTIONAL WELL-BEING** are both foundational. If you're not feeling well, you're not working well or able to enjoy the things in life that you appreciate the most.

Healthy Living Center Recipes

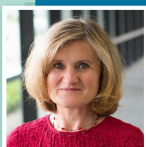
All University of Iowa employees in regular, 50% or greater positions have access to the “Healthy Living Center.” The Healthy Living Center is a one-stop-shop for all things health and wellness.

Access the Healthy Living Center



Go to your employee Self-Service website and select Personal Health Assessment.

Before navigating all the way to your PHA, you will see this screen, which is the Healthy Living Center.



liveWELL Dietitian and Health Coach, Ilona Lichty, looked up the following recipes and recommends them as meeting her healthy, seasonal, and colorful criteria!

Chicken & Mushroom Pasta

A French-inspired creation that's both easy and elegant

Ingredients

Makes six servings

- 2 $\frac{2}{3}$ c. rigatoni pasta (or other tube-shaped pasta)
- 2 tbsp. olive oil, divided
- $\frac{1}{4}$ tsp. salt
- $\frac{1}{4}$ tsp. ground black pepper
- 12 oz. skinless, boneless chicken, cut into bite-sized pieces
- 3 cloves garlic, smashed and minced
- 3 c. white button mushrooms, sliced
- 1 medium onion, thinly sliced
- $\frac{1}{2}$ c. low-sodium chicken broth
- $\frac{1}{4}$ c. dry white wine (or chicken broth)
- 1 c. tomatoes, chopped
- $\frac{1}{4}$ c. fresh basil, shredded
- 1 tbsp. dried oregano
- $\frac{1}{4}$ c. shredded Parmesan cheese

Directions

Cook pasta, drain, and set aside

Heat 1 tablespoon olive oil in a skillet over medium-high heat. Sprinkle the salt and $\frac{1}{8}$ teaspoon of the black pepper on chicken, then cook for 5 minutes or until center of chicken is no longer pink. Remove chicken from skillet and keep warm.

Add remainder of the oil to skillet with garlic, mushrooms, and onions. Stir-fry until onions are just tender.

Pour in broth and wine, then bring to boiling. Reduce heat to medium-low and simmer uncovered until liquid is reduced to about half, stirring occasionally (about 5 to 10 minutes.) Remove skillet from heat. Add the pasta, chicken, tomatoes, basil, and oregano; toss to coat. Sprinkle with Parmesan cheese.

Each serving provides about 294 calories, 7 g total fat, 2 g saturated fat, 36 mg cholesterol, 225 mg sodium, 33 g total carbohydrate, 2 g dietary fiber, 0 g sugars, 22 g protein.

Mediterranean Diced Salad

What a combo; chickpeas, red bell pepper, cucumber, celery, and grape tomatoes.

Ingredients

Makes six servings

- 1 19-ounce can chickpeas (also called garbanzo beans)
- 1 red pepper
- 1 cucumber
- 2 stalks celery
- 1 cup halved grape tomatoes
- Juice of 1 large lemon (about $\frac{1}{4}$ cup)
- 1 tablespoon white vinegar
- 2 tablespoons olive oil
- $\frac{1}{2}$ cup chopped fresh parsley

Directions

Drain and rinse chickpeas and put in a large mixing bowl. Core red pepper and dice into half-inch squares. Add to bowl. Peel and chop cucumber; slice celery lengthwise and chop. Add to bowl. Add halved grape tomatoes.

In measuring cup or small bowl, whisk lemon juice, vinegar, and olive oil. Pour over salad ingredients. Toss well to coat all ingredients. Add parsley and mix again. Refrigerate until ready to serve. Season to taste.

Each serving contains about 142 calories, 4 g protein, 6 g fat, 0 mg cholesterol, 18 g carbohydrates, 5 g fiber, and 208 mg sodium.



FINANCIAL WELL-BEING

HOW TO RAISE A *Money-Smart Child*

Content Provided by University Benefits Office, University Human Resources

Is your child money smart? Every parent wants their child to be equipped to survive in a world full of financial hazards. You can make that happen by actively teaching the meaning and mechanics of money! Here's how:

Be a good role model. From the way you use credit cards to how you pay your bills, know that your kids are watching and adopting your behavior and attitude.

Teach early. Even toddlers can and should be introduced to certain basic financial concepts. Make outings together fun learning opportunities. Have your child put coins in the parking meter, hand the money to the cashier, or complete a household task to earn money.

Shop smart. In age-appropriate language, discuss how marketing and advertising can affect our shopping decisions. At the store, explain what is and isn't a good buy, and let your child make a few selections.

Stress the work-income connection. Before heading off to work, take a moment to explain that you go not just because you like your job, but to earn an income to keep your household afloat. Keep it simple, light, and positive.

Allow for successes and mistakes. Whether you give an allowance that is based on chores or freely give it, make sure you give your child the chance to succeed and make errors. Mistakes made on a small scale, such as blowing a months' allowance on a toy that immediately breaks, can be the most effective learning device around.

Emphasize saving. Many children are natural savers, stockpiling coins like squirrels hoard nuts, while others have to be taught the skill. In either case, saving money should always be encouraged and praised. Again, the best way to educate is by example. Start a piggy bank or savings account for your child. Your child will catch the excitement.

Don't stop. As your child matures, increase the complexity of the lessons. Read the business section of the newspaper together and discuss the basics of financial investing, including interest rates, stocks, and bonds

Teaching your child about personal finance can be a fun experience for both you and your child, plus the end result is an informed child who will develop into a money-smart adult.

PHYSICAL ACTIVITY & PERFORMANCE *Planning*

GROUP HEALTH COACH SERIES

Join Erin Litton, *liveWELL* Health Coach and Certified Exercise Physiologist, to find the fitness program that is right for you! Whether you are working to increase your step count, improve your gym routine, or complete a road race, you will identify a goal and work together to create a plan with exercise principles and lifestyle needs that lead you to successfully meeting your goals.



ERIN LITTON

- Create a five-week fitness schedule with your Health Coach.
- Collaborate to plan your exercise routine that fits your lifestyle while applying exercise principles for improvement.
- The exercise plan, based on the client goal, is to see improvement in movement or fitness over the 5-week plan.

SECTION 1

MONDAYS @ CRWC | 12:10-12:50PM

1ST FL. WELLNESS SERVICES CONFERENCE RM.

May 1, May 8, May 22, June 5

SECTION 2

TUESDAYS @ UIHC | 12:10-12:50PM

MELROSE CONFERENCE DINING CENTER,
ELEVATOR L, LEVEL 5, CONFERENCE RM. 3

May 2, May 9, May 23, June 6

Registration deadline: **APRIL 27, 2017**

TO SIGN UP, CONTACT US AT _____

livewell@uiowa.edu OR **(319) 353-2973**

hr.uiowa.edu/livewell/group-health-coach-service

WELLNESS HEROES

Wellness Heroes is a program to recognize faculty and staff members who are practicing healthy behaviors that are inspiring to others in the workplace. To acknowledge their efforts, a Wellness Hero will be awarded a certificate and a prize. **liveWELL** hopes to have our pages filled with Wellness Heroes in each newsletter!

Any faculty or staff member can nominate any other faculty or staff member. For more information or to nominate your Wellness Hero, visit hr.uiowa.edu/livewell/wellness-heroes.



AMY BEST | COLLEGE OF LAW

NOMINATED BY DROMI ETSEY

Amy works out regularly at the Campus Recreation and Wellness Center. She encourages everyone to walk during lunchtime or during the workday, and often schedules a walk time. Amy encourages others to eat healthy and supports others to work out at the CRWC. She leads by example. Through her encouragement, she has made others proud of their health and fitness.

ANDY WINKELMANN | ATHLETICS NOMINATED BY KARA PARK

Andy is such a positive influence for healthy lifestyles all around. Whether it be mental or physical health, he is always finding inventive ways for our staff and wellness group to get out of our comfort zones and try new wellness techniques, to learn from professionals, and just offer some much-needed encouragement!

CAITLIN SIMMONS | ADMISSIONS NOMINATED BY KELSEY WILSON

Although Caitlin has a longer commute than most to and from campus, she makes her physical health a priority. With two dogs, she consistently goes on walks and runs. Caitlin is the captain of our Live Healthy Iowa team and has motivated us to do more.



DENISE CROUCH | PEDIATRICS & REC SERVICES

NOMINATED BY MELISSA FATH

She is a fantastic class leader at the CRWC. She learns people's names and welcomes them to the workout, is always trying new exercises to keep the class interesting, and is always pushing us to work harder. She also subs for my breast cancer support group yoga and is a favorite with all of the women for her peaceful practice. She has her own Facebook group called Denise Fit and sends out inspirational and educational messages to anyone who joins. She is the captain of our Live Healthy Iowa team and we are currently in 3rd place, thanks to her leadership. SHE IS A WELLNESS HERO!

Reminder: TOBACCO FREE CAMPUS



The Tobacco Free Campus policy is part of the university's commitment to creating a healthy campus for all members of our campus community and is designed to be positive and supportive of overall health and well-being. The University of Iowa has been smoke-free since 2008 and tobacco-free since 2015.

WHAT TO DO IF SOMEONE IS SMOKING ON CAMPUS

If you observe someone who is smoking on campus, you may remind them that the University of Iowa is a smoke- and tobacco-free campus. Additionally, there are resources available to assist people in quitting.

WHAT ARE THE CAMPUS BOUNDARIES?

Visit hr.uiowa.edu/tobacco-free-campus-policy for campus maps that denote areas encompassed by the tobacco-free campus. Basically, all campus grounds, parking ramps/lots, and campus sidewalks are all covered by the policy.

For more information, including links for smoking cessation resources, signage for print/digital use, and policy details, please visit hr.uiowa.edu/tobacco-free-campus-policy.

Mindfulness

at the University of Iowa

Mindfulness-Based Stress Reduction (MBSR) has been offered via the University of Iowa Hospitals and Clinics Department of Psychiatry since 1996 or well-before Google made it cool, as we like to say!

Mindfulness is being aware of what is happening as it is happening in an open, non-judging, compassionate way. This awareness assists us in responding wisely and skillfully to what is occurring; it fosters growth, ease and healing in times of pain and joy.

Summer Mindfulness

8-week sessions of Mindfulness-Based Stress Reduction are being offered over the summer.

Section 1:

Wednesdays, June 7 - July 26
5:30pm–8pm

Section 2:

Thursdays, June 8 - July 27
8am–10:30am

Section 3:

Sundays, July 9 - August 27
4pm–6:30pm

There is also a required Saturday session for each group.

Some reasons people participate in Mindfulness include:

- Job, school, or family stress
- Chronic pain
- Hypertension, heart disease
- Enhancement of quality of life, happiness
- Sleep disturbance
- Mild or situational depression
- Gastrointestinal disorders
- Wellness and self-care
- Cancer or other illness
- Anxiety, panic

How to participate in MBSR:

UI Faculty/Staff

If you participate in the **liveWELL** Health Coach Service, you may be referred to the 8-week MBSR course (*normally \$440*) at **no cost**. To inquire further about working with a Health Coach, please call 353-2973 or email livewell@uiowa.edu.

Students & Public

Inquire directly with Mindfulness-Based programs at mindfulness@uiowa.edu.

Additional offerings:

We are very fortunate to have a robust program at the University of Iowa that offers not only an 8-week Mindfulness-Based Stress Reduction course, but also the following “specialty” classes in Mindfulness:

- **Mindfulness-Based Cognitive Therapy**—for people diagnosed with recurring episodes of depression and/or anxiety
- **Mindfulness Follow-Up Groups** (for those who have done MBSR).
Summer topics include: 8-week MBSR Review and Mindful Parenting

uihc.org/mindfulness-programs

Caring for an Elderly Relative?

Are you caring for an elderly relative? Do you or someone you work with anticipate taking on caregiving responsibilities in the near future? UI faculty and staff are eligible for free, confidential consultations, via on-campus or telephone appointments, with a Geriatric Case Manager to answer questions and provide information about resources available for elder caregivers.

Check out hr.uiowa.edu/family-services/elder-caregiving-appointments for more information and on-campus appointment times. Contact familyservices@uiowa.edu or at **335-1371** with any questions and/or to schedule an appointment.



Find liveWELL on Social Media
@UIowaLiveWELL

My Health & Wellness Bonus Code:

SPRINKLES

Submit Bonus Code in Self-Service on My Health and Wellness for 50 Points.
Learn more about prizes and points at hr.uiowa.edu/livewell/my-health-and-wellness.

Human Resources
liveWELL program
E119 CRWC, Iowa City, IA 52242
phone 319-353-2973
livewell@uiowa.edu



WE WELCOME YOU

Individuals with disabilities are encouraged to attend all University of Iowa sponsored events. If you are a person with a disability who requires a reasonable accommodation in order to participate in this program, please contact UI Wellness at 319-353-2314.